

# Cobb Mountain Garden Salad

**Makes:** 6 Servings

## Ingredients

**2** Dried pear halves  
**1/4 cup** Pear juice  
**dash** cider vinegar  
**dash** honey  
**dash** Dijon mustard  
**dash** salt  
**dash** Black pepper, ground  
**1/4 teaspoon** Extra-virgin olive oil  
**6 cups** Mesclun Mixed baby greens  
**1/2 tablespoon** Grated hard goat cheese  
**1 1/3 cups** Raw, grated, carrots  
**6** Packet of three whole wheat saltines, low salt, low fat  
**3 tablespoons** walnuts, chopped



## Directions

1. Steep pears in two cups boiling water to reconstitute for 15 minutes, drain and cool.
2. Chop 1 half pear and set aside, chop the other one half and simmer with pear nectar until reduced by half (about 20 minutes at medium heat).
3. Puree with vinegar, honey, mustard and salt & pepper and olive oil in blender
4. Put mixed greens in large mixing bowl, drizzle dressing over greens and mix together.
5. Add remaining chopped plumped pear, walnuts and grated carrots and toss lightly.
6. Portion out 1 cup of salad and top with 1/2 tablespoon grated aged cheese.

7. Serve with packet of 3 whole wheat saltines.

## Notes

Serving Size: 1 cup salad